Natural Remedies

50 Natural Remedies to Prevent and Heal everyday sicknesses

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The use of natural medicine has been sky rocketed since the past years. This is because of the fact that people are becoming more aware of the advantages as well as the benefits of using it to cure sickness. Well, of course we all know that when we use herbal or natural medicine, it is more affordable and safer with less or no harmful side effects at all. Now, in here you will get to know the 50 natural remedies in order for you to prevent as well as heal the everyday sickness.

There are foods that are very nutritious that can help you gain strength and make you healthy far from diseases. Aside from the food that we eat we also need proper exercise that will keep us fit and strong. In modern days like nowadays, people would just entrust their health on technologies like taking over the counter medicines instead of eating vegetables and fruits. In regards to losing weight, they would rather choose to buy diet pills instead of exercise.

So, to start off, here are the fruits and vegetables that will help us prevent diseases or even cure us from our illnesses.

Top 14 Breakfast Boosters That Fight Colds

Kiwi the Safest Foods

What's in the name? Well, originally this is Chinese gooseberry/Sunny Peach. But New Zealand natives renamed it to Kiwi which is also their national bird. Kiwi fruit is best for breakfast and great source of Vitamin C, better that n orange. Aside from the Vitamin C, Kiwi is also an excellent source of potassium as well as other minerals that helps grow muscles and boosts the immune system. Research shows that Kiwi is packed with carotenoids and flavonoids. These are the antioxidants that promote heart health and respiratory health and as a matter of fact, Kiwi fruit is one of the safest foods.

Health benefits of Kiwi fruit

Helps control blood pressure.

Helps prevent cancer

Helps clean out body toxins

Best for diabetics

Excellent for skin

Best to people with eye problems

Improves digestion

Papaya the World’s Healthiest Foods

Papaya is also called as the "fruit of the angels" by Christopher Columbus. It was once considered as exotic fruits, but not today because you can now see and buy Papaya even in department stores all throughout the year.

This fruit is not only deliciously sweet, but also rich in vitamins and minerals. It is also great source of antioxidants like Vitamin C, Carotenes, fiber, Vitamin B, pantothenic acid, folate, magnesium, copper, and potassium. Due to all these nutrients Papaya is best shield against colon cancer.

Furthermore, papaya has digestive enzyme called *papain* that treats sport injuries, allergies, and other grounds of trauma.

Health Benefits of Papaya

Immune Support

Anti-inflammatory Effects

Improves digestion

Protection against heart illness

Best protection for rheumatoid arthritis

Ginger

Ginger is best for those who are having colds or feel like having chills. This is because Ginger can alleviate the symptoms as well as clear the nasal passages. This can also promote digestive health like it can help you relax your intestinal tract as well as reduce the gas pains. Ginger is known for its stomach healing effects. People love to put ginger slices on hot water and serve it during morning.

There are some amazing benefits Ginger can give you:

Eating fresh ginger just before you eat your lunch will help you stoke up dull appetite.

Ginger juice can also help in the absorption of necessary nutrients in our body.

For someone who feels like nauseated, chewing ginger can help sooth your feelings. You can add little honey if you want or you can just chew it if you can.

Ginger can also help ease flatulence.

Pumpkin Seeds

According to the World Health Organization; the pumpkin seeds are great source of zinc and the daily consumption of this particular seed is one of the very best ways of obtaining nutrients. Some people add this to yogurt, cereal, or oatmeal.

There are number of health benefits that you can obtain from Pumpkin seed. However, if you want to attain zinc in a maximum amount, then purchasing pumpkin seed in unshelled form is highly recommended.

Some of the health benefits are:

Antioxidant support

Mineral support

There are also studies that show, pumpkin seeds are best to treat and prevent diabetes. There were lab tests done to an animal that ground pumpkin as well as its seed extracts and seed oil helps improve the regulation of insulin in animals that were detected as diabetic. Experts said that the oxidative stress played a very important role.

The Pumpkin seed has antioxidant phytonutrients that includes the following:

Avenasterol
Syringic acid
Lignans pinoresinol
Medioresinol
Lariciresinol
Phenolic acids hydroxybenzoic
Caffei
Coumaric

Ferulic
Sinapic
Protocatechuic
Vanillic

Nowadays, you can buy Pumpkin seeds in department store. You can actually buy them in bulk containers or in prepackaged containers. And just like any products that you are buying in bulk, you need to make sure that the container is tightly sealed and the product has best turnover just to make sure that they are fresh or new. Also, before rushing your pumpkin seed to the cashier, try to check if the seeds are free from insect damage and no sign of moisture. Smelling the pumpkin seeds can also help you decide whether the seeds are new and fresh.

Wheat Germ

There are people asking what wheat germ is, well basically wheat germ is very rich in nutrition. However, despite the fact that this is the most nutritious part of wheat kernel, it is also left out during the food processing.

Zinc. This is very important in our body because it helps fight viruses as well as help in healing wounds.

Folic Acid. This is essential for pregnant women. Hence, considering wheat germ everyday would really help.

Phosphorous. This helps build strong teeth and muscles. This is as well as vital in maintenance, repair, and growth.

Magnesium. This one helps your heart, immune system, and bones to become strong. Recent studies show that Magnesium is also good in slashing out Type II diabetes risk.

Thiamin. Vitamin B such as Thiamin helps alter the carbohydrates unto energy. This is also best in proper functioning of muscles, heart, as well as nervous system.

Vitamin E. this vitamin is fat soluble that helps in the protection of tissues and cells from damaging and can cause diseases.

Wheat germ can be used as food toppings. It can be used instead of bread crumbs and a healthy replacement for flour. So, why choose other ingredients if wheat germ is the best choice for your health? Wheat germ is packed with m nutrients that your body really needs.

Apples

This is a high fiber fruit that helps lower down the risk of heart diseases or risks in general. Just like an old proverb that says, “An Apple a day makes the doctor stay away” is so true! What makes this fruit very special that it helps us stay away from

diseases? Well, Apple is rich in Vitamin C, Vitamin B complex, phytonutrients, and dietary fiber.

Some of the health benefits of apples are the following:

Apples can actually improve our neurological health.

This is because of the fact that apple contains an antioxidant which is called *quercetin*. Such antioxidant helps in reduction of cellular death that is caused by the inflammation of neurons and oxidation.

Apples prevent us from getting dementia.

There were researches from Cornell University which was also published in *Journal of Food Science* that says Apples help us protect neuron cells. Because of this, this could possibly reduce the risk of getting neurodegenerative disorders just like Alzheimer's disease.

Apples can also reduce the risk of getting stroke.

There was a study experiment involving 9,208 people; both men and women. It showed that men and women who eat apples are at lower risk of getting stroke. Hence, the study concluded that those people who are eat apples on a daily basis can prevent themselves from having stroke or decrease the risk of having stroke.

Apples can lower the levels of body bad cholesterol.

The group of researchers from Florida State University said that Apples are like miracle fruit. Those researchers found out that eating Apple a day can decrease bad cholesterol by 23% and increase good cholesterol by 4%.

Apricots

Apricots may be small in size, but they are rich in vitamins and minerals. This fruit is high in fiber but low in fat. Would you believe that one apricot has around 60 calories?

Apricots have 3 health benefits:

Vitamin A

Apricots are great source of vitamin A and this is best for our eyesight. Aside from vision, Vitamin A is also vital for your immune system, healthy skin, teeth, soft tissue, and skeletal.

Potassium

Apricots provide potassium significantly. As a matter of fact, it helps us maintain the proper fluid balance, helps regulate the heartbeat, and aids the muscles function. This

can also promote the healthy digestion as well as strong bones.

Fiber

Apricots have soluble and insoluble fiber. These two kinds of fiber are very useful in the promotion of healthy blood glucose as well maintenance of body cholesterol levels.

Bananas

Banana is one of the most favorite foods not only for adults, but for especially the kids and infants. In addition, for those who are sports enthusiasts, they really appreciate the potassium content of this fruit.

Some of the health benefits of bananas are:

Protection from having ulcers

Bananas are known for having antacid effects which protect us from getting a stomach ulcers as well as stomach ulcer damages. There was a study that says a mixture of milk and banana can suppress acid secretion. Actually, bananas protect us in two different ways. First, bananas help in the activation of cells which helps compose the lining of stomach. Second, bananas content help in the elimination of bacteria in our stomach which is also the major cause of stomach ulcers.

Improves elimination

If you are having problems with waste elimination, bananas can help you solve your problem most especially if you are having diarrhea.

Blackberries

There are different ways to eat Blackberries like you can eat it raw, jams, dessert, juice, or wine. Blackberries are very rich in vitamins, fiber, and minerals. Furthermore, blackberries are really nutritious in antioxidants. They are as well as low in calories, fat, and carbohydrates.

Blueberries

Blueberries are best to soften dry skin, prevent you from you acquiring cancer, and boost your brain. Blueberries are skin reviver, but more than that this particular fruit already reached a ‘superstar status’ when it comes to m health benefits.

Blueberries have Anthocyanins, a colorful substance or pigment that gives the fruit a very vibrant shade. The fruit has phytonutrients that function as anti-inflammatory and

antioxidants in our body. Those nutrients are responsible for several health benefits that we can get from eating through daily consumption.

Cantaloupe

Cantaloupe is actually one of the m types of melon. It also belongs to cucumber family. Such fruit is known for its low content of calories with sweet and enticing smell or aroma. During summer months, cantaloupe fruit is very popular in U.S.

Some of the health benefits of Cantaloupe are:

Source of Vitamin A as well as Beta-carotene
Source of Vitamin C
Promotes healthy lungs
Prevent cardiovascular disease
Reduce stress

Cherries

Considering cherries in daily consumption can actually help in the prevention of cancer or even fight cancer. The flavonoids in cherries are the most powerful type of antioxidant that fights radicals. Aside from that, cherries can also cure arthritis pain, help you have a good sleep, and lowers your high blood pressure.

Cranberry juice

The cranberry juice helps in the reduction of dental plaques because it inhibits the bacteria that grow inside the mouth which is of course the main cause of plaque. Aside from that cranberry juice, it can also deter cancer because this is a great source of phytochemicals and polyphenol antioxidants. Furthermore, cranberry juice can also prevent U.T.I. or the Urinary tract Infection which can be very painful due to infection.

Grapefruits

Grapefruits lower the cholesterol level of the body and can prevent kidney stones as well as protect us from colon cancer. According to the research that was conducted by University of Innsbruck in Austria, grapefruits when they are fully ripe; they increase the level of antioxidant.

Orange juice

Well, orange is known for Vitamin C and can also help prevent and even cure inflammation. But orange juice can do more than that because it can also decrease the level of cholesterol in our body. The regular consumption of orange juice, the fresh one preferably and just an instant orange juice that you can buy in the supermarket can positively decrease high cholesterol.

Prunes

Obviously, prunes are not just so fun to eat, but they can also give us nutrition that helps us fight diseases. Prunes can also help us normalize our blood sugar and of course lose weight. Aside from that, prunes are also very effective in protecting our intestines. In recent studies, the iron content found in prunes was documented.

Raspberries

Raspberry is considered as one of the most nutritious fruits. As a matter of fact, such fruit is one great source of vitamins and minerals that fight diseases like diabetes and cancer. This is also great to fight aging and inflammation.

For women, raspberries are very popular because they use this to lose weight significantly. There is ketone that burns fat fast which is of course the reason for losing weight in a matter of weeks.

Strawberries

Strawberry is like a super fruit. M people love the taste of strawberry as it is packed with antioxidants which help in fighting illnesses. This fruit can also boost immune system because of its Vitamin C content. Some of the m health benefits of strawberry are as follows:

Promotes eye health
Fights all types of cancer
Improves the skin elasticity
Fights bad cholesterol
Reduce inflammation

Artichokes

According to the study conducted by the USDA, artichokes have higher antioxidants compared to other vegetables. In fact, artichoke was ranked as 7th in that particular study over 1,000 different types of foods. The powerful anti-oxidants that were discovered are:

Quercertin
Cynarin
Luteolin
Rutin
Anthocyanins
Silymarin

All of these help in the prevention of diseases or even cure them. Studies showed that artichokes are good for the following:

Digestion
Bile flow

Liver
Hangover treatment
Reduction of cholesterol

Avocado

Actually, avocadoes are known to be very good when it comes to skin treatment. As a proof, there are bath soaps and beauty products with avocado as their main ingredient or content. Usually, avocadoes are for whitening and smoothening of the skin specifically in areas with sensitive spot especially the face. However, avocadoes can be your weight loss partner too and cure diabetes and arthritis.

Beets

Do you love eating beets? Well, lucky you are because you are taking advantage of its health benefits. There are people who haven't considered beet as part of their menu but after reading this part here, they will probably rush to the nearest supermarket and grab beet.

Would you believe that beet is somehow considered as natural Viagra? Yes! Seriously this is the very first Viagra that was known long time ago and was being used ancient Romans. And that as also supported by science in recent years.

This is also packed with Vitamins and minerals that our body really needs to sustain. It is high in potassium, iron, beta-carotene, Vitamins A, B, and C. It is also rich in magnesium, fiber, and folic acid.

Broccoli

There are three areas where Broccoli can really help us. The first area is our eye health; second area is the skin support; and the third one is the increase of metabolism specifically Vitamin D. Broccoli is also a source of Vitamin K and A.

It supports fiber and ITC or isothiocyanate. The good thing about having this vegetable is you don't need to eat too much broccoli in order to get the amount of vitamins the body needs. Not only that, the health benefits as well as the vitamins that Broccoli has can actually prevent the risk of cancer.

Cabbage

Did you know that constipation is caused by lack of roughage? And constipation is actually one of the reasons of m ailments as well as health hazards like stomach ulcers, gastrointestinal cancer, headaches, and indigestion. The luck of roughage which can be obtained from cabbage can also cause eczema, skin diseases, and premature aging.

Moreover, cabbage is also rich in sulfur. Sulfur can fight infections and will also reduce the rate of healing our wounds. Again, cabbage fights infections and even severe

stomach ulcers.

Aside from that, cabbage is also known as best in losing weight, but in healthy and risk free way. Hence, for those people who are overweight; try to consider cabbage as part of your menu or diet.

Cauliflower

Cauliflower contains Thiamine, riboflavin, niacin, pantothenic acid, pyridoxine, and folic acid. Aside from that cauliflower is also a great source of manganese and Vitamin C which are known to be as powerful antioxidants. Some of the health benefits are as follows:

Prevents cancer
Anti-inflammatory
Detoxification
Anti-oxidant

Medical experts suggest that eating cauliflower can also support digestion.

Carrots

There are m benefits of carrots. We all knew that carrots can improve our eye sight, but carrots can do more than that because carrots can also prevent us from acquiring cancer due to free radicals that we can obtain from our surroundings. Some of the verified health benefits of carrots are the following:

Anti-aging. The level of beta-carotene that is present is acting as antioxidant which helps in repairing the damaged cells. Damaged cells can of course bring us diseases, worst will lead to cancer. Hence, by eating carrots or even making carrots as juice can slow down the aging of body cells.

Healthy glowing skin that is not just outside but inside. The antioxidants and the Vitamin A can protect our skin due to sun damage. Lack of Vitamin A can cause dryness of skin, brittle nails, and unhealthy hair.

Prevent heart diseases. M studies showed that carrots can help in the prevention of heart attack.. Aside from the beta carotene, it has also alpha-carotene, as well as lutein.

Celery

Celery is not just a food with lower calorie level, but there are still number of reasons why you need to eat celery or include this on your diet. Celery is beneficial to our digestive system and cardiovascular system. The seeds of the said plant are also a good medicine that relieves pain.

Garlic

We know that Garlic is used to flavor our foods, but there are also some medical uses of garlic. Over the years, garlic is use to treat different types of diseases as well as conditions. The fresh garlic clove can help cure or prevent heart attack, heart diseases, high cholesterol, and high blood pressure.

There are also studies that revealed that garlic prevent rectal cancer, colon cancer, prostate cancer, breast cancer, as well as lung cancer and bladder cancer. Some other medical uses of garlic are the following:

Stomach ache
Toothache
Headache
Rheumatism
Gout
Sinus congestion
Fever
Asthma and shortness of breath
Snake bites
Low blood sugar
Low blood pressure
Fight stress and fatigue

So, those are just some of the m uses of garlic. Aside from the fact that this can be very handy and very affordable, garlic can cure m types of diseases.

Onions

Onions are known to be as spices. M people really don't like its taste, but if you just know the health benefits and its capabilities to cure and prevent diseases then you will learn to love this. There are great and amazing benefits that we can actually get from onions.

Strong immunity
Regulates the flow of blood sugar
It can infections and can reduce the inflammation
Encourages good cholesterol in the body
Prevents different types of cancer
Helps prevent having gastric ulcers
It is rich in Vitamin A

Peas

There are m health organizations like American Diabetes Association recommended the eating of peas. Aside from the said organization there are some other associations like American Heart Association and American Cancer Society suggest legumes to be included on diet. This is because of the m health benefits peas can actually give to us.

Anti- Inflammatory and antioxidants
Regulation of blood sugar
Promotion of heart health
Prevents stomach cancer

Peppers (hot)

Hot peppers aside from the fact that we include this in our food, this can also relieve pain caused by:

Headache and migraine
Arthritis
Sinus

But more than that, hot peppers can also help us lose body weight. All kinds of pepper, may it be hot or not are packed with essential vitamins like K, C, and A, but the red or hot pepper is the superb among them. It has an antioxidant that actually helps in the repair of cells that has been damaged caused by m factors or free radicals that we can get from our surroundings.

Hot peppers can also be a great source of lycopene. This lycopene that we can get from hot peppers helps us to prevent cancer, specifically the prostate cancer and bladder cancer, pancreas, and cervix.

Potato (white)

Potatoes are filling, right? They are also moderate when it comes to calorie count, and well non-fattening. For those who considered white potato as lowly potato, well, they don't actually know the nutrition that they can actually get from potatoes. They just knew that bad effects, but never know the health benefits of it.

Potatoes are dense when in regards to calorie. In other words, you can get m nutrients, but you don't need to eat too much of it. The fiber of potatoes is half insoluble and half soluble.

Do you know that potatoes are rich in C Vitamin? But since, we don't actually eat potatoes raw, as we cook it, the vitamin C is being lost because of heat.

Pumpkin

There are some amazing and surprising health benefits of pumpkins.

Low calorie while atv the same time filling you up. The ½ cup of pumpkin has already have around 40 calories.

Pumpkin is also the great source of healthy fats. Also, when cooking pumpkins, instead of throwing the seeds which we usually do, make sure to include the seeds

because the seeds of pumpkins are rich in m kinds of nutrients. As a matter of fact, you can buy pumpkins' dry seeds in department store separately.

This is also rich in beta-carotene. The vibrant color pumpkin which is orange is a hint that this is fully packed with beta-carotene. Beta carotene means Vitamin A which means by simply considering pumpkin as part of your diet allows you to have a healthy glowing skin, good eyesight, and strong immune system.

Radishes

Radish also known as Mooili in India is being used as food flavoring. However, aside from that fact, Radish or Mooli is also best to cure colds and cough. This is because of the fact that Radish is full of essential nutrients that fight diseases like the following:

Diabetes. The insulin which is a hormone that is secreted by our pancreas is the one responsible for the absorption of the glucose. However, people who are diabetics cannot absorb that insulin that the boy produces or they cannot produce insulin themselves. Because of this, they cannot and are not allowed to eat sugary and starchy foods. Good thing there is radish because this is high in fiber yet low in glycemic index.

Benefits of radish:

It reduces high blood pressure.
It also reduces Cancer risk.

Nsulin, a hormone secreted by the pancreas is responsible in the absorption of glucose. Diabetics are either unable to absorb the insulin their body produces or unable to produce insulin at all. Because of this, they cannot eat sugary or starchy foods. High in fibre, and with a low glycaemic index, diabetics can enjoy radish as it doesn't cause blood sugar levels to rise.

Seaweed

Seaweeds help us in m ways. It helps us to lose weight and can be a great substitute instead of salt as well as good in the regulation of blood sugar. So, why seaweeds are best for losing weight? Well, this is because of the fact that seaweeds only have 20 calories in every serving and since seaweeds are high in fiber, the person eating seaweed will feel so full even at less amount of food.

Seaweeds are best substitute for salt; this is because seaweeds are salty in nature, but still healthful and full of nutrients. This is good for everyone in order for us to lower the risk of kidney problems or the high blood pressure.

Spinach

Spinach is very delicious and considered as super food but, how to eat Spinach the best way?

When choosing spinach, choose one with tender leaves. Spinach with larger leaves is mature leaves and they are tough. So, when you are in a department store; you better choose one that is put directly under the light because they are more nutritious than the spinach that are stored in the dark area.

In order to increase the nutrients of Spinach, cook it in ½ cup of water and boil it.

Tomatoes

Tomatoes have lycopene and they are known to be as anti-cancer. There are people who love to eat it raw and there are people who would rather cook it together other ingredients and tomatoes as just flavoring. There are also studies that show that tomatoes can lower the risk of neurological disease like Alzheimer's disease. This can also reduce weight and maintain the body's normal weight. so, for those who are looking for something that is good for the brain, heart, and weight then this is the answer to your prayers.

Turnips

Turnips together with the collards, broccoli, Brussels sprouts are growing in temperate or fair climate. This has lots of health benefits that can be a great addition to your daily meal plan. Aside from the fact that turnips can actually reduce the risk of type of cancer, this can also lessen or prevent the risk of thyroid problems.

Mint

Mint is one of the most common scents of medicines for colds, coughs, and fever or even pain reliever. This is because of the fact that mint has this soothing effect best for those who feel like getting sick. The aroma of the mint actually activates our salivary glands and this facilitates digestion. This is also one of the reasons why in culinary arts, they use mint commonly. In the western world, they include mint as part of their appetizers or part of the palate cleansers that needs to eaten just before the main course will be served so that the food will be digested comfortably.

In regards to memory loss, mint has this effect of alertness, cognitive function, and retention. It was found out that those people who are always use chewing gum with mint as major ingredient have the ability to master or retain more information than those people who did not. Some of the other health benefits of mint are the following.

Lose weight
Skin care as well as pimple problems
Good for those who have allergies
Oral care
Best for nausea and headache

Mustard

Most Indians have mustard on hand. They use this as spices especially the seeds. However, mustard can do more than that. You want to know what else? Keep on

reading.

This can help you stop the symptoms of asthma.
This can slow down the aging process.
This can help you reduce your weight.
This relieves arthritis, rheumatoid, and muscles pains.
This can fight skin infections caused by food or free radicals

Soy Milk

Basically, soy milk is really nutritious. It is from soaking and grinding as well as boiling of soy beans. The soy is high in fatty acids, fiber, proteins, minerals, and essential vitamins. Now, below are the top six very important benefits of soy milk to our overall health.

Improves the lipid profile
Strengthens the integrity of blood vessel
Helps in reducing weight
This prevents you from getting prostate cancer
This prevents the premenopausal syndrome
This prevents from osteoporosis

Tofu

Now there are four reasons why tofu is very important in our diet. While there are people who never like tofu, there are people who are aware of tofu's health benefits and encourage others to eat it too. So, what are those reasons? Here they are:

The first reason is the fact that Tofu can prevent cancer and this is actually a very good source of selenium. The selenium is actually a mineral that our body needs in order to function well, and this protects us from getting cancer.

Tofu is high in calcium which women really need during their menopausal stage. This helps them reduce the hot flashes and also prevents the bone loss during this stage.

In regards to aging, tofu is effective in slowing down the aging process because it helps retain the skin's elasticity.

Our hair is protein made primarily which is also called keratin. By having or considering tofu on our meal the hair of ours can now get the required amount of protein that will sustain the beautiful hair.

Cheese (full fat)

When we talk about cheese, the very first thing that comes into our mind is milk and this is of course packed with calcium that is best for teeth. This makes our bones sturdy or strong as well as our teeth. The calcium has biotin and zinc that also prevent macular degeneration. Fat cheese is also great for the skin, hair and nails.

Beef

There is nothing with eating chicken and veggie burgers, however steak is not that really bad either. Occasional steal is good for you; this is contrary to what others think that eating beef is totally not good for our health. We always remember the proverb that says, too much of something is poison and beef is yes one of those.

Beef has essential nutrients and only few people know that, and now that you are reading this then you are one of those few people who will admire beef for the nutrients that it can give to us.

Iron
B12
Zinc

And the nutrients that you can get from beef are actually twice or triple and even 8th times of that from chicken. The fats of beef are lower than from the chicken thighs. So, as you can see, beef is not that bad at all just as long as you eat this occasionally. This is a lot better than the junk foods you prefer to eat during party time with your friends and classmates.

Lamb

Obviously, lamb is meat that you can get from the young sheep that is as young as 1 year old. Eating lamb meat will give nutrition and health benefits like the following written here below:

High quality protein
Packed with iron that is essential for our red blood cells.
It has zinc that is important in growth, immune system, and healing.
It has B Vitamins and a good source of Thiamine.
It has copper, selenium, and manganese.

Lean Pork

Lean pork is a very healthy meat choice. This is actually the best source of minerals, vitamins, and protein. So, below is the breakdown of the lean pork nutrients.

Protein. The lean pork has around 9 amino acids which are essential to us.
Fat. The fat in the lean pork has Vitamins K, E, D, A. aside from that it also has a conjugated linoleic acid or the CLA, this is antioxidant. And as we know, antioxidant fights diseases especially cancer.

Vitamin B. helps in the metabolic process and energy production. This type of vitamin is also best for our central nervous system.

Iron. Mental functions and energy production.

Magnesium. This is for the complete development of bones and teeth. This is also one responsible for the maintenance of bones and teeth.

Zinc. This is also for the bones. This is the one responsible for the development of bones especially for young ones and teenagers.

Lobster

Who will say no to lobsters? It has low carbohydrates and perfect for those who are having no carb-diet! Some of the m nutrients that you can get from eating sweet and delicious lobsters are the following:

selenium

copper

phosphorous

Lobsters are of course beneficial to our brain, immune system, and the maintenance of reproductive system. By eating lobsters there are also diseases that you can possibly treat and avoid.

Osteoporosis

cardiovascular disease

Chronic conditions like colon cancer, connective tissue, bone, heart, as well as the blood vessels.

Rheumatoid arthritis

osteoarthritis

Mussels

As we all know, mussels can be found in salt water, hence this is considered as seafood. But this can be found in freshwater too. However, either way mussels are rich in protein that was according to the United States Department of Agriculture, *Choose My Plate Guidelines*. This is a great of protein, selenium, and Vitamin A.

Almonds

The almonds are actually packed with protein, minerals, vitamins, fiber, and some other health benefits that are associated to the nutrition given here. Well, almonds can be eaten raw or if you want, toasted. It has lower cholesterol level and can actually lower the risk of cancer. In addition, there was evidence that shows, eating or including almonds on your daily diet can actually help you fight off heart disease. Hence, m or most medical experts would really recommend considering almonds as healthy snack.

Peanyt Butter

M love Peanyt Butter, not just kids, but even adult too! The taste and the texture are just so good. Aside from the taste and the happiness that you can actually feel by eating peanyt butter, there's more that you need to celebrate. This is because peanyt butter has the nutrients which can help you stay healthy.

Peanyt butter is good for our heart.
It has energy booster content.
It also has healthy fats.
Helps you lose weight.
Rich in fiber.

Walnuts

You already know that nuts are known to have high level of fats. That's why m people who are too conscious about their health really avoid nuts and that include walnuts. However, walnut is very nutritious and considered as powerhouse of nutrition. Here are the health benefits you need to know:

Helps you sleep
Best for hair
Helps lose weight
Boosts the quality of sperm cells
Glowing skin
Helps prevent diabetes
Helps prevent pancreatic cancer

So, these are the 50 nutritious foods that you must include in your diet. Though you can't have most of them in a day, but at least make this as your checklist for your weekly meal plan. There are m ways to be healthy, but considering the right and perfect foods for your health is the very best thing that you can actually do.

Book Preview: (Walk your way slim: Lose Weight and Stay Slim)

The following is an excerpt from the book: If you are interested in reading it, click here.

Walking your Way to a Slim Body

In addition to the different positive effects of walking, it also contributes to weight loss. If one wants to become slim (or slimmer), then walking is an effective means. As already known, walking is one perfect exercise. It is a considered as a health power house.

In this consumerist yet weight-conscious era, a lot of people are so keen in losing weight. From swimming laps and working out in the gym to playing team sports and doing Pilates at home, there are so m of ways to exercise and get rid of the extra

pounds. However, it is walking that remains the most popular form of physical activity, more so, the less costly.

Three-point guide to walking with a purpose

Below is a three-point guide to walking with the purpose of losing weight.

Ultimately, if an individual aims to loss weight, he or she needs to eat fewer calories than he or she burns. One of the things most people find challenging about weight loss is staying the course. Some either end up eating too much, or losing motivation to keep exercising.

1. Keep track of what you eat

What is important in avoiding over-eating is being aware of what one eats. This may sound simple, but to manage eating, it should start of being aware of what you eat. To do this, it is good to have a record of everything that you eat and drink.

Keeping a food log will have the following benefits:

1. Helps ensure that you do not eat more than you do at the present.

Metabolism increases as you exercise. As a result, your body will naturally increase your appetite.

2. Helps you become conscious of what you eat.

Most individuals just eat whatever is served to them, without really being conscious of the health benefits, or the absence of it, of what they are eating or drinking

3. Keeps you motivated and challenged to continue exercising

Again, keeping track of what you eat or drink makes you conscious. This way, you are motivated to exercise.

2. Measure how far (or short) you have walked.

There are different ways to track the distance that you have walked. You can compare the distance of different routes, and gradually increase your distance. In effect, this will help increase the amount of calories burned. This is important if one is walking t lose weight.

That's it for this book excerpt! If you are interested in learning more about the guide, check "Walk your way Slim: Lose Weight Fast and Stay Slim"

Thank you

Before you go, I would like to thank you for purchasing my guide and reading all the way to the end. "If" you liked what you read, then I need your help! Please take a moment and leave a review for this book on Amazon. It really will greatly help me and if you love it, let me know :)

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